

## **Parish Nurse/Healing Ministry Goals**

### *Long term SERVICE GOALS:*

- I. To develop and maintain a health ministry for youth-adults-seniors of St. Timothy's Family
- II. To teach-with a Wholistic\* approach-health and wellness to clients\*\* and to groups
- III. To empower & support individuals in adopting healthy lifestyle habits and changes.
- IV. To promote a Wholistic\* Health Philosophy through *health promotion, illness prevention, and development of a healing framework .*

*\*Wholistic Health// up-dated term is more accurately named as INTEGRATIVE MEDICINE/HEALING: includes spiritual, emotional, physical and mental needs, And refers to both traditional and non-traditional methods of healing that do not replace the traditional but work with our western ways. A few examples are: massage, acupuncture, herbs and essential oils, and energy based therapies such as Healing Touch Therapy (and many more)*

*\*\* Clients: St. Timothy's Family or local relatives of our family and the community.*

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